










Smith Springs Regional Community Center

2801 Smith Springs Road, Nashville, TN 37217, 615-862-8420 | Fitness and Recreation ***New Class/Activity Offering**

Fitness Classes Youth Programs Gymnasium Leisure Activity	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Winter/Spring 2020 Program Schedule (Revised 2/24/2020)</p> <p><u>Facility Manager</u> Barbara Manuel</p> <p><u>Program Coordinator</u> Reginald Robinson</p> <p><u>Recreation Staff</u> Briana Morrow Fiorella Palomino Lakhalon Holland Darlene Payton Marquette Knight Aliya Justice Tim Lusk</p> <p><u>Instructors</u> Smith Springs Staff Diane Overstreet Jeff Cordes Sandy Cunningham Barbara Burgess Miranda Guerra B.Fab Fitness</p>  <p>Senior 62 and up</p> <p>(\$ – Paid Classes</p> <p><i>Ask about reserving the building for your special event!</i></p>	<p>6:00am-10:00am Adult Open Gym Basketball 18 & Up</p> <p>9:00am-10:00am Senior Movement (\$) w/ Diane</p> <p>10:30pm-12:00pm Pickleball</p> <p>12:30pm-2:00pm Adult Open Gym Basketball 18 & Up</p> <p>2:30pm-6:00pm Teen Time (Middle & High School Students)</p> <p>3:00pm-6:30pm After-School Zone</p> <p>6:30pm-8:00pm Adult Open Gym Basketball 18 & Up</p> <p>6:45pm-7:45pm Basic Bootcamp (\$) w/ Miranda (Starting 2/24/20)</p>	<p>6:00am-10:00am Adult Open Gym Basketball 18 & Up</p> <p>10:30am-11:30am Tot-Time 1-5 Yr Olds</p> <p>12:30pm-1:30pm Homeschool Zone Ages 6 & up</p> <p>2:30pm-6:00pm Teen Time (Middle & High School Students)</p> <p>3:00pm-6:30pm After-School Zone</p> <p>4:30pm-5:30pm Teen Fitness Hour w/ Bri (Starting 3/3/20)</p> <p>6:00pm-7:00pm Flow Yoga (\$) w/ Barbara</p> <p>6:30pm-7:30pm Musician Jam Night 2nd Tuesdays (Starting 3/10/20)</p> <p>6:30pm-8:00pm Open Gym Volleyball</p>	<p>6:00am-10:00am Adult Open Gym Basketball 18 & Up</p> <p>9:00am-10:00am Senior Movement (\$) w/ Diane</p> <p>10:30am-12:00pm Open Gym Volleyball</p> <p>12:30pm-2:00pm Adult Open Gym Basketball 18 & Up</p> <p>2:30pm-6:00pm Teen Time (Middle & High School Students)</p> <p>3:00pm-6:30pm After-School Zone</p> <p>5:30pm-6:30pm Zumba (\$) w/Jeff</p> <p>6:00pm-7:00pm Smith Springs Spanish Book Club 1st Wednesdays (Starting 3/4/20)</p> <p>6:30pm-8:00pm Open Gym Soccer</p>	<p>6:00am-10:00am Adult Open Gym Basketball 18 & Up</p> <p>10:30am-11:30am Smith Springs Book Club 1st Thursdays</p> <p>10:30am-11:30am Tot-Time 1-5 Yr Olds</p> <p>12:30pm-1:30pm Homeschool Zone Ages 6 & up</p> <p>2:30pm-6:00pm Teen Time (Middle & High School Students)</p> <p>3:00pm-6:30pm After-School Zone</p> <p>4:30pm-5:30pm Teen Fitness Hour w/ Bri (Starting 3/5/20)</p> <p>6:30pm-8:00pm Teen Open Gym Basketball (Middle & High School Students)</p>	<p>6:00am-10:00am Adult Open Gym Basketball 18 & Up</p> <p>10:00am-10:45am Senior Strength w/ Bri (Starting 3/6/20)</p> <p>2:30pm-6:00pm Teen Time (Middle & High School Students)</p> <p>3:00pm-6:00pm After-School Zone</p> <p>5:00pm-7:00pm Family Open Gym Basketball (Parents & Children 17 and Under)</p> <p>6:00pm-7:00pm Game Night – All Ages 3rd Fridays (Starting 3/20/20)</p> <p>6:00pm-7:00pm Gentle Yoga (\$) w/ Barbara</p> <p> Like us on facebook @Smith Springs Community Center</p> <p> @smithspringscommunity</p>	<p>8:00am-10:00am Family Open Gym Basketball (Parents & Children 17 and Under)</p> <p>9:00am-10:00am A Change Starts w/Me Workout w/Bri 3rd Saturdays (Starting 3/21/20)</p> <p>10:00am-11:30am Cultural Cooking Club 4th Saturdays (Starting 3/21/20)</p> <p>10:30am-11:30am b.fab funk (\$) w/Tisha</p> <p>Membership Fees: Daily Pass Adult \$3.00 Teens/Senior/Military \$1.50 10 Visit Pass Adult \$20.00 Teens/Senior/Military \$10.00 Monthly Pass Adult \$30.00 Teens/Senior/Military \$20.00 Yearly Pass Adult \$250.00 Teens/Senior/Military \$150 10 Pass Fit Card \$30.00</p>

Smith Springs Regional Community Center

2801 Smith Springs Road, Nashville, TN 37217, 615-862-8420 | Aquatics Schedule

Aquatics (\$ Paid Classes)		Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Winter 2020 (schedule is subject to change) Facility Manager Barbara Manuel Aquatic Coordinator Sabrina Williams* Recreation Leaders & Lifeguards Tamia Boyce * Parrish DaLee Fiorella P. Class Instructors (*) Smith Spring Staff* Sandy Cunningham* Cassie Deas* Diane Overstreet* Terrance Q.* Jeff Cordes* Briana Morrow*  @ "Smith Springs Community Center"		6:30am-7:15am (\$ Aqua Class	6:30am-7:30am Lap Swim (3 lanes)		6:30am-7:30am Lap Swim (3 lanes)	6:30am-7:15am (\$ Aqua Class	(\$ <u>Learn to Swim Lessons</u> 8:00am-8:45am Parent/Child (8 Lessons for 30min) 9:00am-10:00am (\$ Aqua Zumba w/Sandy  10:30am-11:30am Open Swim
		8:00am-9:30am Lap Swim (1 lane) & Water Walk	8:00am-9:00am Water Walk	8:00am-9:00am Water Walk	8:00am-9:00am Water Walk	8:00am-9:30am Lap Swim (1 lane) & Water Walk	
		(\$ <u>Learn to Swim Lessons</u> 9:45am-10:30am Adult 10:45am-11:30am Parent/Child	(\$ 9:30am-10:15am Morning Aqua Splash (Low Impact) w/Diane 10:30am-11:45am Water Safety Day (Must RSVP by 3 rd Friday) Offered 2 nd Tuesday	9:30am-10:30am Aqua Aerobics (Low Impact) (\$ 12:00pm-12:45pm Aqua Boot Camp w/Briana & Sabrina (High Impact)	(\$ 9:30am-10:15am Morning Aqua Splash (Low Impact) w/Diane 10:30am-11:45am W.H.A.L.E TAILS (Must RSVP) Offered Every 3 Months	(\$ <u>Learn to Swim Lessons</u> 9:45am-10:30am Adult 10:45am-11:30am Parent/Child	
		12:00pm-1:00pm Open Swim	12:00pm-1:30pm Open Swim	Closed for Cleaning			
		2:00pm-4:00pm Open Swim	Smith Springs Teen Time (13 - 17) 2:30pm-4:00pm 4:00pm-5:30pm NAZA/Swim Conditioning (Age 11 & Older) Must Register (\$ <u>Learn to Swim Lessons</u> 5:30pm-6:15pm Adult	2:00pm-4:00pm Open Swim Smith Springs After School 4:30pm-5:30pm (\$ <u>Learn to Swim Lessons</u> 5:30pm-6:15pm Youth & Preschool	Smith Springs Teen Time (13 - 17) 2:30pm-4:00pm 4:00pm-5:30pm NAZA/Swim Conditioning (Age 11 & Older) Must Register (\$ <u>Learn to Swim Lessons</u> 5:30pm-6:15pm Adult	4:30pm – 6:30pm Open Swim (Offered Every 4 th Friday) <u>Join Our Email List</u> See schedule on Facebook / Email   Please See Swim Lesson Flyer For more Information	
		Smith Springs After School/NAZA 4:30pm-5:30pm (\$ <u>Learn to Swim Lessons</u> 5:30pm-6:15pm Youth & Preschool	6:30pm-7:30pm Family Swim/Lap Swim (2 Lanes/1 Lanes)	6:30pm-7:15pm (\$ Aqua Blast w/Jeff 	6:30pm-7:30pm Family Swim/Lap Swim (2 Lanes/1 Lanes)		Pool Length: 25 yards Pool Width: 24 ft Depth: 3ft 6" in – 5 ft Lanes: 3 <u>Swim Lessons</u> \$50.00 8 Lessons for 45min <u>Pool Fees (\$)</u> (\$ Paid H2o Class \$3.00 10 Pass Fit Card \$30.00 (Used for Classes)  Revised 12/5/19
		6:30pm-7:15pm (\$ Aqua HITT Class w/TQ					

- Aerobic classes are taught 45 min and after class end, patrons has 15min to exit the pool area.
- Swimmers must dry off before exiting the pool locker rooms.
- Children 12 and under must be accompanied by an adult. Ages 13 -17 must sign in and provide ID and a parent or guardian contact information.
- Infant and Toddlers must wear swim diapers
- Swim test will be conducted by lifeguards for everyone under 18.